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ISSUE 1 ARTICLES:

- SALMON BENEFITS
- OSTEOPOROSIS PREVENTION
- HEARTBURN MEDICATION RISKS
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Questions or comments call Megan Olman, MA, Manager of Social Services at (888) 994-3863, ext. 2390

THE VALUE OF SALMON

Salmon, a species of coldwater fish, contains healthy omega-3 fatty acids, which help the body fight against coronary heart disease and also plays a protective role fighting against cancer and the formation of cataracts. Omega-3 works to decrease blood lipids and blood clotting issues within the vascular system while increasing relaxation in larger arteries and other blood vessels and decreasing inflammatory processes in the blood vessels.

Omega-3 fatty acids are also an excellent source for boosting HDL (the good cholesterol) in your blood. Salmon is also a very good source of vitamin E, a powerful antioxidant. Remember the next time you are at the store or eating out at a restaurant to check out the salmon!

OSTEOPOROSIS PREVENTION

Osteoporosis is the diagnosis of decreased bone mass. This condition causes the bones to become more fragile which can lead to an increased risk for fractures. Both men and women are at risk for osteoporosis. While there is no single cause for osteoporosis, the National Osteoporosis Foundation has identified five steps to bone health and osteoporosis prevention. These steps include: getting your daily recommended amounts of calcium and vitamin D; engaging in regular weight-bearing exercise; avoiding smoking and excessive alcohol consumption; taking a bone density test and discussing bone health with your healthcare provider as well as finding the type of calcium supplement that is best for you.

When selecting your calcium supplement you need to be aware of the actual amount of elemental calcium it contains. It is also a good idea to take your supplement over the course of the day, possibly with meals. Remember to speak with your physician or pharmacist about the risk of interactions between medications you are taking and calcium supplements.

For more information, contact the National Osteoporosis Foundation at (800) 223-9994 or visit them online at <http://www.nof.org/>.

HEARTBURN MEDICATIONS CAN RAISE THE RISK OF A BROKEN HIP

A recent study has found that taking popular heartburn medications like Nexium, Prevacid or Prilosec, for a year or more, can raise the risk of a broken hip markedly in people over the age of 50. Patients who used heartburn medications for more than a year had a 44 percent higher risk of hip fracture than nonusers. Additionally, men in the study had a higher drug-associated risk of hip fracture than women.

The researchers speculated that when the drugs reduce the acid in the stomach, they also make it more difficult for the body to absorb bone-building calcium. This can lead to weaker bones and fractures. Hip fractures in the elderly often lead to life-threatening complications. Therefore, it is important for you to discuss the risks and benefits of taking any medications with your physician.

CALLING ALL “SOCIAL SERVICES CORNER” READERS

Throughout 2007, the “Social Services Corner” would like to highlight any questions or topics our readers might have. If there is a particular topic of interest that you would like to see addressed in the “Social Services Corner” or if you have a response to an article you have already read, please contact us and let us know what you are thinking! All submissions will be kept confidential unless otherwise requested. We look forward to hearing from all of you!

QUOTE OF THE MONTH

“Life would be infinitely happier if we could only be born at the age of eighty and we gradually approached eighteen.” — Mark Twain

WEB DIRECTORY

Check out the MPPAF Web site at www.wrpioneers.org and peruse our ever expanding national resource directory.

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